# Evening World Daily Magazine



# Deep Breathing

## Health and Beauty By Pauline Furlong

Exercise for Strengthening Weak Back

PERCUSSION massage movement in connection with deep breathing is shown in

the illustration. This exercise is a mild and valuable one for weak back and lumbago, and it also tones up the kidneys. Stand straight, with the feet

apart, arms held loosely at sides-Take a long, deep breath and hold it a few seconds. Next bend the body slightly forward at the waist, keeping a straight line from back of neck to hips-that is, without curving the back in or humping it up. Let the lungs empty as the body moves forward and then strike the closed fists on the small of the back while you complete the exhalstion. Straighten up and inhale again and continue the exercise about ten inhalations.

Many persons write and ask me which renders the mouth and throat about enoring, and, because it is hard and dry, and a great amount of really the result of some obstruc- energy necessary for the healthful tion or interference in the nasal upkeep of the body is wasted when pessage, often caused by mouth you breathe through the mouth by breathing during the waking hours. day and snore by night. the only remedy for it is to clear the nose of the obstruction and cul- dangerous germs and poisons as tivate nose breathing during the those who succee and cough, yet we day and night. Sometimes a chin shrink from those who sneeze and strap proves beneficial in snoring cough and sit wholly oblivious in and keeps the mouth tightly closed. railroad stations, street cars and which compels deep breathing dur- other public places with many pering sleeping hours.

Mouth breathing causes evapora- son who snores and you will avoid tion of the mucous membrane, poisonous germs and diseases.

#### Answers to Health and Beauty Questions

athletes make to

Take deep breath, then while

inhaling bend body slightly for-

ard at waist and strike small of

back with closed fists until breath

Those who snore scatter as many

sons anoring about. Shun the per-

MAKING TOO MUCH TISSUE-

HARRY A .- it is possible to make too much fat in the body, and most

of any suffer from the much brain, however Just be maderate and try not to overdo anything.

GRAY HAIR SOILED LOOKING-

is exhaled.

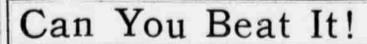
LARGE NECK-MRS. KATE R.: | rubber gloves when the hands are in You must consult a doctor to see if the large neck indicates goltre. I soap, apply equal parts of glycerine and rose water. This will keep them cannot tell you about this. Yes, goitre smooth and white. is a nervous disease, known as Graves

HEAD SOUNDS-MRS. F. V. C .: These may be caused by catarrh or colds. They also may be the result of nervous derangement and indigestion.

STEAMING THE FACE—MRS. L. N. B.: I do not advise steaming the face unless the pores are hopelessly clogged and the face dotted with blackheads. Steaming causes the fash to relax and makes it appear goose and heavy, and often opens the pores to such a degree that they never quite close again. In that case mothing but skin peeling will restore the skin to fine, smooth texture. If you do steam the face, hold if over a bowl of very hot water, with a newspaper pinned about the head to keep the steam in. Do not do this long enough to redden or burn the skin. Then wash with pure giveerine seam mad bot water, and finish with much cold water bathing. Then rab the face lightly with ice and apply half witch hazel and half alcohol on a pure of cotton to contract the pores.

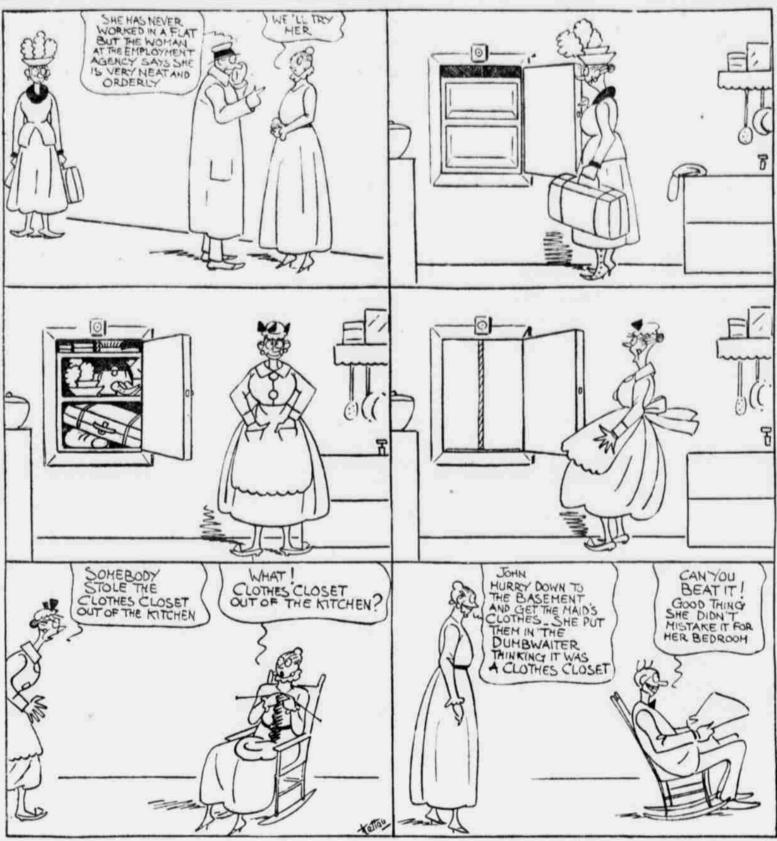
Bill Turns to Worl Bent on Puttin STEAMING THE FACE-MRS. L. puff of cotton to contract the pures.
This is a good treatment for sallow greasy skin, but should not be used more than once each week.

and apread on the hands at night be-fere slipping on loose gloves: Money. 1 cunce; almond meal, 2 cunces; ben-



by The Proc. Publishing Co. The New York Employ World

By Maurice Ketten



### The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

#### Buster's Adventures By Uncle Harry

The Cocoanuts

UNTER thought his father and mother were too hard on him, "What are these?"

were, but was afraid to go and see.

Just then Mr. Fox came up.

"Cloud morning, air," said Buster.

"What are these?"

mother were too hard on him, and never would let him do the things he wanted to do. So he decided to run away and live by himself. When nobody was looking, he slipped through the hole in the fence, across the read and into the thick forest.

On and on he ran, trying to find some one to talk to. Presently he saw a little, gray animal with a long bushy tall, hepping upon the ground. It was Mr. Squirrel, and he thought Buster might burt him, so he scampered up a tree, out upon a limb and began to make faces.

"My mother says it isn't polite to make faces," said Buster, but Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel and to make faces, and Mr. Squirrel and to make faces, and Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel kept right on doing it. Buster saw Mr. Squirrel kept right on doing it. Buster see her again. It was now almost sunset, but Mr. Monkey was silli watching and Buster gave up all hope.

Then he enw Mr. Elephant. His

saw Mr. Squirrei didn't want to make friends, so he ran away.

After a long time he came in sight of a grove of trees he had never seem before. They were tall and straight with beautiful green leaves at the top. Lying under them were some big, round things as large as your head. Buster wondered what they

### Cousin Eleanor's Klub Kolumn

#### Dear Cousin Members:

necessary to jog your memory regarding the rules for sending The contributions to your own Kiddle Klub Korner. To-day you ambitious biddies who send the delightful stories, poems and compositions to me may read the rules carefully. Please observe them to the letter.

1. Use only ONE SIDE of the pa-2. Please write distinctly. Do not

rowd your letters or words. a. Write in ink.

4. Do not send prose compositions onsisting of more than 250 words. Poems of not more than four stangas have a better chance of being published on account of our limited

5. If you wish to be informed by mail as to whether or not your contribution has been accepted please enclose sufficient postage for a reply.

QUESTIONS AND ANSWERS.

Dear Cousin Members:

Note: A in will be clad to also to publish it if it is a country and then it becomes what are the requirements.

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Cousin Eleanor.

# Contributions

From Kiddies Our Soldier Boy.

the Medical Corps of the U. S. A., Fort Ogiethorpe, Ga., I miles away,

From BUTH LEVY, age ten years. No. 11 Spring and Autumn.



### Bill Turns to Work With New Vigor, Bent on Putting Behind Him Unpleasant Memories

to let him get away from me now, am 1? Do you think I put up with a factory hand for nothing? I told you before he came that I was going to marry him, and I will! Once we're back from the altar he'll find he's son.

Inch you think I put up with a factory hand for nothing? I told you I've smoked over it and slept over it and slept over it and I've come to one conclusion!—

"Which is—?" prompted Pattiback you.

"Which is—?" prompted Pattiback you.

"Which is that the thing to do is to charter some old boats and have our own little independent transationties. He stumbled back to the reem he had just left and dropped into the chair beside the window.

ROAD OF AMBITION

#### THE SON OF DEMOCRACY BY ALBERT PAYSON TERHUNE. A Romance of America in the Making-

From the Paramount Film Production of Same Name, Presenting Benjamin Chapin.

For the Scrappion of the first state of the first s